



# **Youth Coaches Certification Training**

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Department of  
Parks and Recreation

## **Youth Athletics - Philosophy Statement**

The City of Saint Paul, Department of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic foundation of our program is to:

- \*encourage participation in physical activity
- \*promote the development of physical skills
- \*provide a safe place and a fun experience

Our program is built on the principles of fair play, good sportsmanship, respect for one's self and one's opponent. It is our expectation that everyone involved in youth athletic programming will contribute in a positive manner to a healthy environment where participants will feel safe and welcome, and where they will find their athletic experience rewarding.

# Expectations for Youth Sports Coaches

In the role of a youth sports coach, the Department of Parks and Recreation expects you will:

- **Attend required training for coaches.**
- **Agree to a BCA background check.**
- **Work with the Recreation Center staff to make sure the team roster and any other required paperwork is completed and submitted in a timely manner.**
- **Be responsible for equipment, uniforms and first aid kits issued at the beginning of the season, and be responsible for their prompt return at the end of the season.**
- **Maintain a safe environment at all times for players.**
- **Be familiar with the basic procedures for managing sports injuries.**
- **Know the rules and the modified rules for the sport you are coaching.**
- **Know the youth athletics policies and abide by them.**
- **Be available to practice at least once per week and attend scheduled games.**
- **Be on time for practices and games and be respectful of assigned schedules for other teams and groups.**
- **Refrain from the use of drugs, tobacco and alcohol during practices and games.**
- **Refrain from using profanity and prohibit profanity or “trash talk” by your players.**
- **Treat staff, officials, your players, opposing players, spectators and coaches with respect.**
- **Demonstrate good sportsmanship at practices and games. Your behavior influences the behavior of your players and spectators.**
- **Be positive. Encourage, don’t discourage.**
- **Ensure equitable playing time for every player and help make the season fun.**
- **Keep winning in perspective and remember that the game is for the kids and not the adults.**
- **Wear your City issued Coaching ID badge during all league games, play-off games and other youth tournament games.**

*If any of these expectations are difficult or impossible for you to comply with, it may be best for us to help you find a volunteer opportunity other than coaching youth sports.*

# Youth Sports Programming Coach's Pledge

## Youth Athletics Philosophy Statement

The City of Saint Paul, Department of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic **foundation** of our program is to:

- **encourage participation** in physical activity
- promote the **development of athletic skills**
- provide a **safe** place and a **fun experience**

Our program is built on the principles of **fair play, good sportsmanship**, respect for one's self, one's teammate, for one's opponent, and the officials. It is our expectation that **everyone** involved in youth athletic programming will contribute in a positive manner, creating a **healthy environment** where participants will feel safe and welcome, and where they will find their athletic experience rewarding.

**As a coach in the youth sports program, I pledge to support the City of Saint Paul, Department of Parks and Recreation and to positively support my athletes during their youth sports experience. I have read and understand the expectations the Department has for youth sports coaches and I agree to abide by them.**

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**Signature**

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**Date**

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**Name (Please Print)**

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**Address**

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**City, State**

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**Zip**

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**Phone**

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**E-mail address**

**Recreation Center/Sport** \_\_\_\_\_/\_\_\_\_\_

## YOUTH ATHLETIC POLICY: CONDUCT

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The actions listed below are not acceptable in the St. Paul Recreation program and will not be tolerated. Teams, coaches and/or players committing such actions are subject to the penalty that follows each item. Coaches are responsible for the conduct of their players and fans. They are also responsible for the awareness of these policies and procedures by their players and fans.

**1. *The consumption of alcoholic beverages (violation of city ordinance)***

Individual(s) may be ejected from the game and team may be forced to forfeit.

**2. *Verbal abuse to opponents or officials***

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

**3. *Unnecessary rough play***

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

**4. *Flagrant physical contact***

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

**5. *Fighting***

Individual or team suspended from all Municipal Athletic programs indefinitely.

Individual(s) involved may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program.

**6. *Physical abuse of game officials***

Individual or team suspended from all Municipal Athletic programs indefinitely.

Individual(s) involved may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program.

**7. *Use of ineligible players***

Individual and team subject to forfeiture of all games individual(s) played in. In tournament or playoffs, the team will be removed from competition, and could be subject to a one year suspension from all Municipal Athletics= programs.

**8. *Any Unsportsmanlike act not covered in 1-7 above***

Penalty imposed by the official according to the severity of the act. If ejected, the ejection penalty will apply (explained below).

### **Ejection Policy:**

An ejection from any game is an automatic (minimum) one week suspension from *all* Municipal Athletic programs. It includes any additional league games scheduled to take place that night and the following week. It also includes all games in any other leagues for the period of one week. Any person receiving two ejections within the same season will automatically be suspended for the rest of the season and may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program. If a player or coach participates during his/her suspension, they will be suspended for the remainder of the season, and the team will forfeit the game.

*\*For any action, Municipal Athletics reserves the right to impose such penalties as warranted to fit the circumstances.*

## **YOUTH ATHLETIC POLICY: RESIDENCY**

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Any youth participating on a Department of Parks and Recreation sports team must be a resident of the City of Saint Paul. A non-resident may register if he/she attends school in St. Paul. A non-resident fee is charged in addition to the sport fee. This includes players of all ages, whether they play in a city league or a non-city league.

### **NON-RESIDENT TEAMS**

On occasion, the City has approved a team or teams from suburban areas to play in the city youth leagues when the team(s) had no where else to play and it was in the City's best interest to have them in our leagues. An example is the football program where teams from the South St. Paul have joined the city leagues because of a lack of teams in SSP to have their own league. In a situation like this the Department can provide an improved service and no Saint Paul residents are denied the opportunity to participate.

With the exception of the residency requirement, all non-resident teams must comply with all Department Youth Athletic Policies.

## **YOUTH ATHLETIC POLICY: ROSTERS**

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All teams that participate in the Department of Parks and Recreation youth sports leagues will be required to submit a player roster form. The roster is the Division's main tool for checking eligibility. It is the responsibility of the recreation center director and not the coach to complete and submit the roster forms.

### **It is a policy of the Department of Parks and Recreation that:**

1. A team's completed roster form is due in the Municipal Athletics' office at least one day prior to the team's first league game.
2. A completed roster form includes each player's name, signature, address, phone number, birth date, grade and school. It also includes the coach's name, address, phone number and the coach's signature.
3. The roster must be dated and signed by the recreation center director or staff designee.
4. A copy of the roster must be kept on file at the recreation center.
5. Birth certificates or some form of age verification must be on file at the recreation center.
6. Teams that do not submit a roster prior to the deadline may be subject to forfeiture of the first game. Teams without a submitted roster prior to the second game may be dropped from the league.
7. Additions to the roster may be made by submitting additional players' information on a roster addition form. Additions or changes in rosters can be made until mid-season or determined by Municipal Athletics office. Any changes must be turned into the municipal athletics office.
8. Non-recreation center teams in department leagues must adhere to the same eligibility and roster requirements as recreation center teams and must submit a completed roster to the Municipal Athletics office prior to the start of their season.
9. Players or coaches who knowingly provide false or incorrect information on rosters will be suspended from the league and may be required to attend a hearing regarding reinstatement into the athletic program.

Note: There have been situations when a player has inadvertently been left off the roster. If verification can be made that the player is eligible by all other rules and has been a member of the team that season, the player could be ruled as eligible.

## YOUTH ATHLETIC POLICY: PROTESTS

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Only player eligibility can be protested in youth athletics program; rule misinterpretation and judgment calls made by an official cannot be protested.

### **PLAYER ELIGIBILITY:**

Anyone found in violation of the following may be subject to individual suspension and any games competed in are subject to forfeiture:

1. Non-resident
2. Over age
3. Over weight (football)
4. Non-rostered player.
5. Other violations of eligibility policies

Eligibility protests must be made in the following manner:

1. Protests on eligibility must be in writing on a protest form. Forms may be obtained at any recreation center or at the Municipal Athletics Office. The form must be submitted by the recreation center director, not a coach, player or parent. The form along with a \$25.00 protest fee must be sent to Municipal Athletics, 1500 Rice Street, St. Paul, MN 55117. (Make check payable to "Municipal Athletics")
2. If a protest on eligibility is during a game, the protesting team must have the officials help get the protested player to write his/her name, address, phone #, school and age on a piece of paper and sign it. The official will turn the information in to Municipal athletics staff.

**Note:** The protest is not complete without the protesting team following procedure #1 above.

3. Protests of eligibility may be made at any time during the season, but must be made at the time of discovery. If known prior to competing, but nothing is said until after the game to try to insure winning the game, the protest, if valid may be upheld, however, the protesting team will not receive a win for the game. The game would be considered "no contest."
4. It is the responsibility of the protesting team to provide some type of written proof or documentation to back up the protest claim. Hearsay alone will not be accepted as grounds for protesting.

**If a protest is found to be valid, the \$25 protest fee will be returned. If found to be invalid, the \$25 protest fee will be retained by Municipal Athletics in a fund that supports youth athletics.**

### **Rule Misinterpretations made by Officials**

Rule misinterpretations by officials happen at every level of play from the professional major leagues to youth recreational programs. Even in a competitive setting where winning and losing may be more important, it has always been the policy of the Department of Parks and Recreation not to honor protests for misapplied rules during games. Even though misinterpretations cannot be protested, it is important they be shared with Municipal Athletic staff so the misinterpretations may be corrected for the future.



## **YOUTH ATHLETIC POLICY: PLAYERS PLAYING ON MORE THAN ONE TEAM OR ON A HIGHER DIVISION.**

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Players participating in the Department of Saint Paul Parks and Recreation's youth sports programs may be eligible to play on more than one team in a particular sport if the following guidelines are met:

1. Players may not play on more than one team within the same age group in SPPR leagues.
2. Players may play on more than one SPPR league team if they are in a different age group, and if the person is eligible by age in both. He or she must also meet the following criteria.
  - a. Players may play up one division if there are not enough players in the older division to field a team in that division and those players would not have the opportunity to play without the younger players moving up. Permission must be granted to a Saint Paul Parks and Recreation Staff and the Parent of the player/s.
  - b. A player/s in the opinion of the Saint Paul Parks and Recreation Staff, Coaches, and Parent/s has the skills and physical ability to compete in the older division and will not displace a player that is in the appropriate division.

**Note:** A player may play up only one age division. Example: A player eligible for the 10U basketball program may play on a 12U team, but not on a 13U or 14U team.

3. If a player plays on a team in a non-SPPR league, he/she may play on a SPPR league team provided all other SPPR policies are complied with.
4. A committee of Saint Paul Parks and Recreation Staff will handle all exceptions to these policies as needed when there are extenuating circumstances.
5. If a player plays in more than one age group. They can only play in one age group during the playoffs. The player must make the decision before the playoffs begin and the rec. center/organization staff must contact Municipal Athletics with their decision.

**Note:** Players participating on teams in both the Saint Paul Parks and Recreation league and a non-city league **must play in at least 75%** of SPPR's administered league games to be eligible for playoffs. Extenuating circumstance requests (broken leg, etc.) may be submitted by recreation center directors and will be evaluated by the athletic committee.

## **YOUTH ATHLETIC POLICY: THREATENING OR INCLEMENT WEATHER**

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Maintaining safe conditions for the participants and spectators at a youth athletic practice or game is of the utmost importance. Coaches and game officials must be aware of conditions that are unusually hot and humid, windy and cold or where rain and lightning may place players or spectators in peril.

### **Heat and Humidity**

The Department of Parks and Recreation *may* cancel activities when the heat and humidity are such that participation in a vigorous activity could be dangerous to participants. We will generally follow guidelines used by the Minnesota State High School League as outlined in the Coaches Manual.

### **Wind and Cold**

The Department of Parks and Recreation *may* cancel activities when the wind and cold temperatures present conditions that may be dangerous to those participating in an outside activity. *Generally* speaking, activities will be canceled when the wind chill exceeds 20 below.

### **Rain and Lightning**

Excessive rain can make a sports field unsafe and/or unplayable. The game official has the right to suspend play or call a game at any time he/she feels the conditions are unsafe.

While lightning on the horizon should warn of potential danger, lightning associated with thunder or thunder alone means that there is immediate danger to athletes, officials, and spectators. The adage "If you can hear it, clear it" should be used to make decisions to postpone or cancel the activity. Lightning can strike 10 miles ahead of or behind the storm front and thunderhead clouds.

If after a *reasonable* amount of time, the storm has not passed, or the field has become unplayable, the game should be called. Completing the game or making it up at a later date will depend on the sport and at what point the game was called.

### **Storm Sirens Sounding**

If the weather conditions are such that storm sirens sound in St. Paul, this is an obvious signal to take cover. An outdoor sports contest is not to continue under these circumstances. Everyone should take cover immediately in the nearest building. Players should not be sent home until the "all-clear" siren has sounded. Completing the game, or making it up at a later date will depend on the sport and at what point the game was called.

### **Make-up Games/Canceled Games**

A decision to cancel outdoor athletic events will be made by Municipal Athletics staff if conditions are such that the decision to cancel can be made early enough in the day to notify teams and officials. These decisions are made as weather conditions require, or when fields become unplayable. If inclement weather develops too late in the day to notify all participants, or if weather conditions deteriorate during a game, the game official will call the game if weather becomes severe, or the field becomes unplayable.

**Coaches are not to cancel their own games at any time during the season due to weather or any other circumstance without notifying the Municipal Athletics office. Make-up games will be scheduled by the league coordinator.**

## **Youth with Disabilities**

Youth with disabilities are welcome to participate in all City of Saint Paul, Department of Parks and Recreation activities/sports. Sometimes they can participate without any extra assistance, sometimes adaptations or accommodations need to be made. Sometimes the activity chosen is not appropriate for the child and a better fit can be found elsewhere.

If a child with special needs signs up for a sport at a recreation center, the Recreation Center Director will contact the Adaptive Recreation Office to request assistance with accommodations. After assessing the child's abilities and needs, an Adaptive Recreation Director will contact the director and the coach to explain any accommodations that may be needed. Coaches are also welcome to call the Adaptive Recreation staff to request further information or advice. The Adaptive Recreation Office phone number is 651-793-6635.

## **Volunteer Liability**

As a volunteer for the City of Saint Paul, a certified youth sports coach is protected under the City's self-insurance liability coverage. The liability covers damages, up to statutory limitations, resulting from his/her actions while serving the City as a volunteer providing the actions are not criminal in nature and are within the scope of a coach's duty.

Since a coach is not employed by the City, this self-insurance policy does not cover injuries a coach may sustain while volunteering.

## **Coaches' Surveys/Evaluations**

Towards the end of each season, printed surveys or evaluations are distributed to the coaches. It is hoped that each coach will take the opportunity to share with Municipal Athletics staff his/her opinions regarding the season. We are seeking feedback on officials, rule changes, schedules, game sites and the season, in general. The results are shared with recreation center directors, officials, and Parks and Recreation administration. The feedbacks are reviewed and discussed in order to evaluate our programs.

# Sportsmanship Code for Spectators

- Keep cheering positive
- Respect the opposing team and fans
- Learn and understand the rules of the game
- Respect the judgment of the officials
- Accept winning or losing with dignity

The Department of Parks and Recreation is taking a serious approach to ensuring that youth participating in our athletic programs have a safe, healthy and positive environment in which to play and develop their skills.

At each site where youth games are being played, it is our expectation that spectators will behave in an appropriate manner. If a spectator exhibits behavior that is inappropriate or unsportsmanlike, a staff person (if on-site and available) will remind the spectator about the sportsmanship policy and attempt to resolve the situation. If there is no staff person on-site, the game official may ask the coaches for assistance with the spectator, or may eject the spectator from the premises if the behavior is disruptive, disrespectful, or derogatory, as outlined below.

If the parent/guardian/spectator refuses to leave the premises, the staff person, or the game official(s) will declare the game to be over.

## Examples of Unacceptable Sportsmanship Behavior

- Disrespectful or derogatory yells or gestures (such as pointing and chanting “you, you, you” )
- Loud negative reaction to officials’ calls
- Distracting players by yelling or stomping your feet when players are attempting a free throw, a penalty kick, a serve, to bat (depends upon the sport)
- Swearing
- Chants or yells with inappropriate content (racial, sexual or gender connotations)
- Degrading yells about a player’s body size or shape
- Degrading yells about a player’s lack of skill or ability
- Encouraging players to inflict injury on other players
- Throwing objects onto the playing field or court
- Arguing with coaches, officials or other fan

# **Introduction To Coaching Youth Sports**

## **Introduction to Coaching Youth Sports**

Welcome to the exciting world of youth sports. As a youth sports coach, you are likely to experience joy, frustration, exuberance, fatigue and a host of others...sometimes all in one day! The City of Saint Paul, Department of Parks and Recreation is thrilled that you have decided to spend some of your time volunteering to teach youngsters about sportsmanship, commitment and being part of a team. Even as a volunteer, your importance in helping develop young athletes cannot be underestimated. You are a role model for them. They will look up to you and assume you know something about the sport you are coaching! Please use the information in this manual and your knowledge and skills to help make the youth sports season a wonderful experience for the youngsters, and not an unpleasant memory!

### **Top Reasons Kids Want to Play Sports**

- to have fun
- to learn/improve sports skills
- to get exercise
- to do something they are good at
- to be part of a team
- for the challenge
- for the competition and chance to win

### **Top Reasons Kids Quit Playing Sports**

- they lose interest or get bored
- it isn't fun
- takes too much time
- the coach is a poor teacher
- too much pressure
- coach plays favorites
- overemphasis on winning

**Note: In a 1987 study conducted by the Youth Sports Institute of Michigan State University, winning never ranked higher than 7<sup>th</sup> among even the most competitive athletes as a reason for playing sports. To “have fun” and “improve skills” were consistently the first two choices when asked by youth participate in athletics. 10,000 students ages 10-18 were interviewed as part of this study.**

Coaches must be prepared to deliver interesting, accurate and engaging information. Keep practices moving and give your athletes opportunities to improve skills as well as learn new ones. Challenge them without being pushy or overbearing. **Learn the rules** of the sport you are coaching and teach them to your players as they are ready.

## **Top Priorities for a Youth Coach**

To give kids (especially those ages 5-12) a great youth sports experience, remember 3 things:

- \*\* Each kid wants to play in the game - and play a lot!**
- \*\* Parents come to watch the kids - not you!**
- \*\* Each parent wants to see their child play in the game - and play a lot!**

Remember how much the kids will look forward to the “Saturday game experience.” If your team practices once per week and plays once per week, “the game” will comprise half of the time spent during the season in the sport you are coaching. It **should** be the most fun and exciting part of participation. As youth coaches we need to make sure everyone gets as much playing time as possible.

Other priorities for the youth sports coach include: teaching sportsmanship, commitment, conditioning and team play. Help them learn the rules. Teach them to believe in themselves and most importantly, help them have fun.

Information about most of these topics and a few others will be provided for you in this manual. Thanks again for your time and have a great season!!

## **Developmental Phases of Young Athletes**

### **Youth ages 4-8**

The majority of kids in this age group are just happy to be part of a team, wear a uniform, be with their friends, run around and have a good time. Some kids in this age group will be picking daisies in the outfield or spinning in circles in the middle of the court! Emphasize the “fun” as we want the youngsters to develop enthusiasm for sports and physical activity at this point. Stress active participation. Keep the drills simple so that all participants can be successful. Exercise patience and help build their confidence. Give praise and teach them that doing their best is all that matters. At this age the term “winner” may need to be redefined. If a winner is someone who can perform a little more or a little better today than last week, then every child can become a winner. Try not to be too pushy. Summer camps and travel teams can wait for most kids in this age group until they are older. Sports should be fun for this group of kids--not work. If a child loses interest, find out why.

Young athletes ages 4-8 *rarely* have the cognitive ability to understand the fundamental strategy or rules of a game. By age 7 or 8 they begin to become more accustomed to the structure of team sports, but still are looking to have lots of fun with friends. They need to experiment. Praise the effort, not the outcome.

### **Some ideas for adding “fun” to any practice....**

- \*have a parent/child game
- \*include a segment in your practice where the kids have the freedom to practice anything they want
- \*have a review session where the kids can “replay” a favorite play from a recent game - let them act out the whole thing... maybe even in slow motion!
- \*have a player Acoach@ part of practice - whistle, clipboard and all!

## Youth ages 9-12

By this age, youngsters begin to exhibit the first real athletic ability. They begin to cognitively understand game structure, rules and strategies. They enjoy being recognized as someone who has athletic talent and can perform a task well. As the youngster reaches 11 or 12 their physical ability and athletic development becomes even more apparent. The athlete begins to get a handle on how to “repeat” athletic skills over and over. These kids are big on rules. Explain the rules and help kids learn them. These youngsters know who the better players are, have a longer attention span and generally want to learn and improve athletic skills.

Most kids at this age *are* emotional. Let them be emotional. As coaches, we can help them learn to deal with their emotions, but don’t be surprised if both the girls *and* boys have tears in their eyes after a disappointment or loss. Teach **and** enforce sportsmanship. Help them acquire a sense of commitment.

Keep in mind that young athletes are **not** professional athletes. Kids make errors - lots of them. They drop pop-ups, throw to the wrong base, run the wrong way with the ball, don’t know what the score is or how much time is left in the game. They’re learning. They’re just happy to be there and don’t want to be yelled at. Kids are *supposed* to be kids. They have to go to the bathroom when they should be heading onto the field. You’re worried about the final score and they’re happy they slid into 3<sup>rd</sup> base and got their uniform dirty!

## Youth ages 13 and up

As youngsters reach adolescence, some aspects of their athletic pursuits change, often dramatically. A youngster’s body may become very awkward during adolescence. Youth this age are often clumsy and self-conscious until they settle in to a more full-grown self. Those that have the interest and ability continue to develop skills. Others, recognizing that their personal strengths lie somewhere other than the athletic field or court, tend to self-select themselves out of organized sports and look for other activities. The kids will decide this for themselves. Offer guidance, but don’t push. It is **very** important to encourage those that leave organized sports, to stay physically active.

Teams may begin cutting players at this level, especially in the middle school or junior high school programs. Young athletes may have more disappointment related to not being able to play with friends that are either more or less skilled. Winning tends to become more of a focus. High school sports bring an even more intense focus. The smart coaches realize that even at the higher levels, the kids need to have fun.

<p><b>Recent studies show that more than 73% of all kids who play organized youth sports end up quitting by the time they reach age 13.</b></p>	<p><b>Source: Time, July 12, 1999.</b></p>
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Coaches are powerful role models. Ask yourself, when I was 6, 9, 12, or 14, would I have liked the person I am now to have been **my** coach? If not, figure out why and take steps to make appropriate changes. Develop a perspective: remember what you could do at **the children’s ages**. Don’t expect them to be able to do what **you** can do now!



## Developing Good Sportsmanship

A suggestion for helping to develop good sportsmanship in young athletes is to begin your season with the assumption that the kids on your team don't know what good sportsmanship is. During one of the first practices, explain to the kids what you expect before, during and after the game and practices. Teach them the fundamentals of good sportsmanship and let them know how you will enforce the rules of appropriate behavior. Consider including the following:

- Have respect for your teammates, your opponents and yourself.
- Never make physical gestures designed to embarrass or humiliate an opponent or sports official.
- Let them know you expect them to line up after each game to shake hands with their opponent B regardless of the outcome.
- Tell the youngsters that it is wrong to curse, swear or use profanity during a game, especially when directed at an opponent or game official.
- Check on the status of an injured player. A round of applause is generally in order when an injured player is removed from a game.
- When a game is over, it is a nice gesture, not only to shake hands with your opponent (win or lose), but also to thank the official. Most sports officials are parents, aunts or uncles themselves and have given up their week nights or weekends to help make youth sports programs successful. Sometimes sports officials are still young kids themselves, just getting started as umpires or referees. An occasional word of encouragement or a "thank-you" can go a long way.
- Remember - good sportsmanship begins with the coach. Encourage all the players, regardless of ability. Reward the effort - not the outcome. If you have a question of an official, or disagree with a call, approach the official in a calm manner and respectfully address the issue. Most officials are willing to explain a rule or answer a question if the situation does not become hostile. The call may still not end up going your way – that's part of the game. Umpires and referees don't get everything right in Division I games, or even in professional sports contests. They probably won't get everything right in youth games. If you feel that a particular sports official may be misinterpreting a rule, or needs *lots* more work, let your Director know so that the appropriate contact may be made. It is important to us to help our sports officials improve, just as it is important for you to help your athletes improve.
- When teaching good sportsmanship - teach the parents too! You might go over some of the same things with the parents that you went over with the kids. Children look to the adults as role models - all the adults. The behavior of the adults will be reflected in the behavior of the youngsters.

## Enforcing Good Sportsmanship

If a child's behavior is out of line, consider the following:

- Remove the child from the game
- Make sure he/she understands why they were taken out
- Sit him/her until the lesson seeps in

## Violence in Youth Sports

Violence in youth sports is sadly becoming more and more prevalent. Your work in helping the youngsters develop respect for themselves, their opponents and sports officials will help curb some of the violence that occurs on the field or court between players. The bigger problem appears to be with some of the adults that help coach, or the parents that come to watch the youth sports contests. Work with your parents. Get help from the Director at your Recreation Center if need be. The adults **must** understand that these are **kids**. The games are just that - games. Less than 1% of all kids playing organized sports today will qualify for an athletic scholarship. Less than 1% of the college athletes will get a chance to play a sport professionally. As adults we have to face the facts - these kids want to have fun, be with their friends, and feel like they are part of something. Sure it's more fun to win once in a while, but winning as the main thing - or the only thing, can't be the focus for these young athletes, or for the parents.

Dr. Jack Llewellyn, Ph.D., includes some extreme incidents of violence in youth sports in his book, Let'em Play, published in 2001 (Longstreet Press). These are incidents Dr. Llewellyn personally witnessed over his 40 years in youth baseball:

- Two fathers were hospitalized and subsequently arrested after assaulting each other during a T-ball game for 5 year-olds when one kid tripped and fell over another kid. The kids were fine - the fathers were not.
- A baseball park for 12U teams hired a police officer to stand between the home and visitor bleacher sections because so many fights had taken place during games.
- A parent shot an umpire in the hip after a close play at home that didn't go the shooter's way.
- A coach picked up a player and physically threw the kid over the fence when the child cried after striking out. The coach was also the child's father.
- A coach once shot a parent who questioned his son's lack of playing time.
- A coach had kids doing 15 push-ups after they took a called third strike.

While some of these examples are **indeed** extreme - they happened. Recently in Texas, a man shot his 10 year-old son *and* his wife **at** the ballpark after a little league game. He was found a couple of hours later, having taken his own life. An umpire in Florida recently had his jaw broken by a coach after a youth game. A man has been charged with manslaughter in Massachusetts after a fight at a youth hockey practice that resulted in fatal injuries to another player's father. We have had officials who have been threatened, had objects thrown at them, and have been followed to their cars, in our own St. Paul leagues. Fourteen states now have laws specifically pertaining to assaulting sports officials. Two others are considering similar measures. During the 2001 summer season, St. Paul had 21 player/coach ejections from athletic contests *in one week*. The ejections involved both youth and adults in baseball and softball leagues.

**Everyone** connected with youth sports in **any** manner is responsible for helping put an end to the violence. Over 170 youth athletics organizations in the U.S. have instituted sportsmanship training for parents. More and more are *requiring* it before the child can participate. Remember that youth sports should be viewed as fun and important activities. They should contribute to the well-being of the child, help promote social skills and promote a desire for continued activity. They should not be generally viewed as stepping stones to later glories. As a coach, don't pay lip service to good sportsmanship and having fun, while reserving the rewards for winning. A survey of young male athletes indicated that 90% would rather have the opportunity to *play* on a losing team that sit the bench on a winning team. Keep goals realistic.

Help the parents put sports in perspective. Let them know you intend to stress participation and present positive role models. Keep them involved and thank them for positive behavior and encouragement of all the players. Kids are really happy when their parents behave. They don't want to be embarrassed. When behavior is inappropriate, be that someone who stands up and says..."Hey that's not the way we do things around here." Maybe over time, we can help adults (and our young athletes) check their tempers at the door.

**For those who have access to the internet, there are dozens of websites for more information on this topic. Simply use your search engine and type in "violence in youth sports."**

### **About the Officials**

In addition to children being embarrassed or quitting a sport due to inappropriate or violent behavior by coaches or their parents, another detrimental effect from the type of behavior mentioned in this section is and has been, the loss of youth sports officials. Typically, officials that work in our youth sports programs are young themselves, possibly officiating a sport for the first time. As teenagers, they are not prepared to (or interested in) taking on an angry coach, parents, or worse a group of hostile adults. We have lost several officials over the past few years for this very reason. For the \$15 to \$30 an official gets for working a youth sports contest, the grief they take just isn't worth it to them. In order to keep officials, at both the youth and adult level, we **all** need to be respectful of the role of the sports official.

As a coach, approach an official in a calm manner if there is a question or concern. If you feel a particular official is misinterpreting a rule or there is another problem with an official, you may call the **Municipal Athletics Office at 651-558-2255** during business hours for assistance. Remember, your behavior towards the officials influences your players and your fans behavior towards the officials. Abusive or unsportsmanlike conduct towards an official by a coach, player or spectator is grounds for suspension or expulsion.

## When to Start Sports...

There are no scientific studies that indicate a child starting organized sports by age five has a better chance of becoming a sports star than a child who starts later. There are however, plenty of studies that indicate kids pushed too hard when they are young burn out and quit by age 13. Cynthia Cooper, two-time WNBA MVP, didn't even pick up a basketball until she was 16. World track champion Marion Jones gave up running for four years to concentrate on basketball in college. Tom Glavine, a major league pitcher was drafted out of high school as a hockey player. Michael Jordan didn't even make his high school basketball team as a sophomore. Hakeem Olajuwon (NBA) didn't start playing basketball until he was in his late teens, but was a world class soccer goalie. Olympic gold medalist Wilma Rudolph was born with polio and was told she would be lucky to walk, never mind run.

Find out what the child's interests are. Be supportive of any improvement in skill. If a child seems to lose interest, find out why. You may at some point, have a child on your team who is 9 or 10 and hasn't played an organized sport before. Help him or her feel welcome and develop the basic skills necessary to be a part of the team. One of our main jobs as a youth sports coach is to encourage participation and help a child develop an appreciation of the sport we are coaching. We want children to be healthy and physically active beyond their teen years.

## What Kids Want from Coaches

As the information for this coach's manual was researched, a few common threads seemed to run through all the books, Internet sites, newspaper and magazine articles about what kids actually want from their coaches. It didn't seem to matter what age the participants were - T-ball age right up through college. If you want to impress your kids and be looked at as a great coach, work on the following list:

- **Leadership.** Be a leader. They look up to you. They think you must know something about what you're doing! Be on time. Do the right thing. Encourage them. Run a lap with them once in a while - toss batting practice - lead their warm-ups. Call them by name.
- **Organization.** Be prepared for practices and games. Know where all the equipment is and have it with you. Keep rosters and game schedules in a folder or notebook. Turn in required paperwork on time. WRITE down a few ideas for practice. Think about some drills. Keep things moving at practices and make it interesting. Have your line-up in mind for a game. Work with parents who can help you.
- **Encouragement.** Praise the kids when they do things well or work hard. Find something that every kid can do right - It might be that they only thing a kid can do right is hustle on and off the field - praise that! Praise the winning effort - not the winning. They'll give you even more.
- **Teach skills.** Give the youngsters opportunities to improve their skills. Help them develop an appreciation for the sport.
- **Discipline.** Believe it or not, kids crave discipline and structure. Let them know what you expect and stick with it. Expecting the kids to be at a practice once a week is not unrealistic.
  - **Sportsmanship.** Reinforce sportsmanship and a sense of fair play. You may want to recognize a player or two every week for the best display of sportsmanship. You *may*

even want to recognize a parent or two every week for the same. The child could present that award. That could be a pretty proud moment for a child – presenting his/her parent with an award!

- Be kind. Kids are **NOT** interested in being around someone who is always critical and crabby. They want to have fun, not be yelled at. Youth sports should feel like fun not like work. Help them look forward to practices and games.

## **What Parents Look for in a Coach?**

Interestingly, the list of what parents want is not very different from the one describing what kids want. Pay attention to both lists and you'll be well on your way to a coach's hall of fame somewhere!

- Someone who likes kids. Coaching youth sports would be a dreadful environment if you didn't like kids!
- Knowledge of the sport. Just like the kids wanting to learn, the parents expect you to help them do so. Learn what you can about the sport you are coaching. Nobody expects you to be an expert in your first year, but you should spend some time in the rulebook, read a magazine article or two, ask questions at the coaches' clinic you attend, and browse the websites that are listed to gather information that can help you.
- Good teacher. Parents are interested in coaches who can develop a good rapport with the kids and help them develop their skills. Even if your knowledge has a ways to go, good teachers are the ones that keep kids interested and are interested in the kids. You can be a good teacher without being an expert in the sport.
- Gives a positive experience everyday. The kids want to have fun and the parents want their kids to have fun.
- Involves parents. Those that have time will be glad to help. They also like to know about practice and game schedules as far in advance as possible. They will want to be involved in special events and will appreciate good communication.
- Patience. It goes along with liking kids. Kids **WILL** make mistakes. They are learning. Be patient with them as they learn and grow. Remember - reward a winning effort, not just the winning.
- Listen. Listen to the kids. Listen to the parents. Sometimes people just need to vent a little. Sometimes parents are concerned about their child's skill level, their lack of confidence or self-esteem. Let them help you help the child grow. Kids sometimes just need someone to talk to. You may spend more time with them than some of their parents. Does it mean you should take on the role of surrogate parent? No, just listen. Another thing about listening; if you never listen to anyone else, the only ideas you ever have, will be your own.
- Sense of humor. Everybody likes a sense of humor. It gets us through a lot! Kids really get a kick out of a coach acting goofy once in a while. Studies show that young children laugh over

hundred times per day - adults 10 or fewer times. Who do you think is better off?

- Treat kids as individuals. Children develop physically and emotionally at different times. They start participating in organized sports at different times. Take each child where he/she is, and help him or her move forward. Call them by name. Learn a little bit about them. Ask them about things that are important. Let them know that you are interested in them as people and as young athletes.
- Provide a safe, healthy environment. Make sure the field/court is safe, well-lighted. Check for loose fencing, broken bases, benches, backboards that need repair. Make sure all the equipment (helmets, bats, catcher=s gear, blocking dummies, balls, goals) provided by the recreation center is in good condition. If something is in need of repair, bring it to the attention of the Recreation Center Director in charge of the facility. Make sure athletes get enough water and breaks from inclement or unseasonable weather.
- Teach cooperativeness, team work and coping with adversity. Its amazing how these skills transfer to other parts of a youngster's life. No wonder parents are interested in having us help teach them! Kids need effective skills to deal with conflict, losing, and even winning. As coaches, we can be role models in helping develop these skills. We can help teach team work and cooperativeness by encouraging players to help with equipment, help with drills, take turns, cheer for each other and pick up around the field or bench after the game. We can teach kids about dealing with disappointment and conflict by modeling good behavior when we speak with officials or deal with a loss. While you are certainly not the only person who will help a child develop these skills, as a youth coach, you make be one of the most influential. Most kids do not remember many of their classroom teachers or Sunday school teachers (if they attend Sunday school) over the years, but they almost all remember their coaches.

## **What's Next?**

We hope you will add to this manual over the years as you attend clinics, pick up articles, learn from other coaches, add another sport and gain experience yourself. We have included some additional *basic* information about the sport you signed on to coach this season and you will also find a resource list, some basic first aid information and directions to all of our sites included in the appendix.

Thanks again for your interest in our youth. The time and energy you will spend during this sports season is appreciated more than you know, by more people than you think!!

Care & Prevention

Sports Injuries  
and  
Heat Illness

## Heat Illness - Fact Sheet for Youth Coaches

Although the summer and fall sports: softball, baseball, football and soccer can provide a wonderful and rewarding experience for youth athletes and coaches, we must also be aware that the possibility of heat-related illness is present during this time of year. Heat cramps, heat exhaustion and heat stroke are heat-related conditions caused by overexposure to heat. In July of 2001, a professional football player for the Minnesota Vikings died as a result of overexposure to the heat during pre-season football practices. His body temperature soared to 108 degrees. Between 1995 and 2001 an additional 18 high school and college football players died as a result of heat illness. According to the American Academy of Pediatrics Committee on Sports Medicine, **ALL** heat related deaths are preventable.

**HEAT CRAMPS** - Not life-threatening, but painful cramps, usually in the abdominal muscles, leg and arm muscles caused by overexertion and profuse sweating in a hot environment. Although not dangerous in and of themselves, they may be the first signs that the body is having trouble with the heat.

**HEAT EXHAUSTION** - This is more severe than heat cramps and is generally caused by loss of body fluid and body salts through heavy perspiration. While the body's core temperature may be only slightly elevated in the case of heat exhaustion, enough fluid has been lost to cause excessive thirst, weakness, headache, exhaustion and possibly dizziness and nausea. The skin is likely to be wet and clammy.

**HEAT STROKE** - **This condition is a medical emergency. 911 should be called immediately.** It most often occurs in people who ignore the signs of heat exhaustion. In the case of heat stroke, the body's cooling systems are overwhelmed by the heat and begin to cease functioning. **USUALLY** the victim's skin is hot and dry. There is likely to be changes in, or loss of consciousness, collapse, disorientation and possibly seizures. The pulse tends to be weak and irregular. Breathing may be rapid and shallow.

### **Treatment of Heat Illness**

When the signs of heat illness are recognized in the early stages, the heat illness can usually be reversed. For victims of heat cramps and heat exhaustion, get them out of the heat. Loosen any tight clothing and apply cool, wet cloths. If the victim is **FULLY** conscious, give cool water to drink (about 4 ounces every 10-15 minutes). Let the athlete rest comfortably. **If the athlete does NOT show signs of improvement with this treatment, refuses water, begins vomiting or experiences changes in consciousness, 911 should be called.** A victim of heat cramps or heat exhaustion should NOT resume sports activities the same day. Let the child's parent know about the incident. Fluid replacement with water and sports type drinks or fruit juices should continue at home.



If you suspect heat stroke **dial 911 and begin cooling the victim right away**. Use a hose, cool towels, ice packs or anything that is readily available. Ice packs, cool wet towels can be placed on the neck, armpits, wrist, ankles and groin areas for rapid cooling. Keep the victim lying down, out of the heat and monitor breathing and pulse until the ambulance arrives.

### **Prevention of Heat Illness**

Youth athletes should be current on physical exams. Youth coaches should be aware of athletes that have had previous incidents of heat-related illness as they may tend to have more difficulty in hot humid conditions. Youth coaches should also be aware of the general physical condition of their athletes and set practice schedules accordingly. **Give frequent water breaks and have water available in UNLIMITED quantities.** In hot humid weather, a 5-10 minute water break should be given every half-hour of heavy exercise. **Be sure your athletes are drinking water.**

Your athletes will need 7-10 days to become approximately 80 % acclimated to the heat and humidity. Set up your practices and scrimmages to gradually expose them to these conditions. When athletes become acclimated to the heat and humidity, they tend to sweat more rapidly and more profusely. There also tends to be less salt concentration in their perspiration. **Although their bodies will adjust to the heat more readily, they STILL need lots of fluid before, during and after practices or games.**

Information for this fact sheet obtained from: Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991. Community First Aid and Safety, American Red Cross, 1993. The Minnesota State High School League.
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**It is likely that St. Paul Parks and Recreation will cancel activities if temperatures and humidity are extreme.**

**Call the Municipal Athletics Whether Hotline for updates of game status: 651-558-2118**

**[www.stpaul.gov/parks](http://www.stpaul.gov/parks)**

## **Care and Prevention of Sports Injuries**

The information provided is not intended to be a quick course in sports medicine, athletic training or first aid. The intent is to increase your awareness related to preventing sports injuries and to provide basic information should an injury occur.

### **Injury Prevention**

Ideally, we would like to prevent as many sports injuries as possible. Some ideas for injury prevention include:

- Make sure your players each have the protective equipment required to play the sport you are coaching.
- Part of your responsibility as a coach is to make sure the athletes wear and wear properly, the required equipment (pads, helmets, mouthpieces, etc).
- Make sure equipment fits properly and is in good repair. If some piece of equipment is in need of repair or replacement, bring it to the attention of the Recreation Center Director.
- Help the youngsters learn how to take care of their equipment.
- Make sure that your players are comfortable telling you if they don't feel well or if they are injured.
- Make sure the youngsters are drinking adequate amounts of fluid.
- If you intend to do some conditioning as a coach during the upcoming season, avoid exercises that put undue stress on knees, elbows, the neck and back. These would include leg lifts, neck bridges, the old "hurdlers" stretch, sit-ups with hands clasped behind the head and legs straight, full squats, and the duck walk. All of these do more harm than good. If you plan to do some stretching, use slow gradual stretching moves after a warm-up period. Do not allow the youngsters to "bounce" when they stretch and don't use partners to "help" an athlete stretch.
- Teach athletes the proper skills for the sport you are coaching. Players that can execute skills (throwing, blocking, tackling, fielding, serving, etc.) are less likely to be injured while playing.

## **Treating a Minor Injury**

If you coach long enough, you're bound to have an athlete get injured somehow. As much as we do to prevent injuries, an occasional collision, mishandled ball, or turned ankle will likely occur at some point during your coaching career. With any minor injury, inform the child's parent when they are picked up from the game or practice. If the child comes and goes from the field without a parent, a call to the home is in order. Inform the recreation center staff about the injury or illness. General information related to basic treatment for minor injuries is listed below.

For our purposes, we will define a minor injury as follows: sore muscles due to a slight pull or overuse, a twisted ankle that does not appear bruised, deformed or unusually swollen, a fat lip, small cuts and abrasions, a jammed finger, a "sore" knee, ankle, hip, elbow, shoulder, or wrist.

**For "sore" muscles and joints, twisted ankles and fat lips,** ice and rest work best. A wrapped ice pack (so that ice is not in direct contact with the injured skin or body part) for 10-20 minutes will help keep swelling to a minimum. Resting sore ankles, knees, shoulders, arm etc. after the ice treatment is often best. In addition to the rest and ice, elevating the sore or injured limb will also help. "Playing hurt" is not a good idea and could cause a minor injury to become more serious, or to become a chronic problem for the athlete. If there is significant swelling, bruising or deformity of a body part, the youngster should be seen by a physician as soon as possible.

**If an injury appears to be severe, or you do not feel comfortable evaluating the injury, consider calling 911. If a parent is at the practice or game, the parent should assume care for the child. Generally, if an athlete is suspected to have a serious injury, he/she should not be moved without being treated/evaluated by a paramedic or physician. Serious injuries include, but are not limited to:**

- An injury causing loss of consciousness, or altered states of consciousness
- Extremely swollen, bruised or deformed body parts (ankles, arms, legs)
- Any fracture that breaks the skin
- Broken or knocked out teeth
- Suspected head, neck or back injuries due to a serious fall or violent collision
- Eye injuries
- Large cuts that continue to bleed or are spurting blood
- Serious puncture wounds

**In addition to injuries, call 911 if ANY ATHLETE APPEARS TO BE HAVING TROUBLE BREATHING or has become suddenly ill for no apparent reason.**

It is a good idea for coaches to know whether or not you have athletes on your team with severe allergies to bee stings or certain foods, have asthma, diabetes or any other chronic condition. In many cases, these health conditions can be managed easily with medication should a situation arise. Encourage your parents and players to share this information with you and to train you (if appropriate) to use or help the child use, his/her medication if necessary.

# Resources

## Resource List

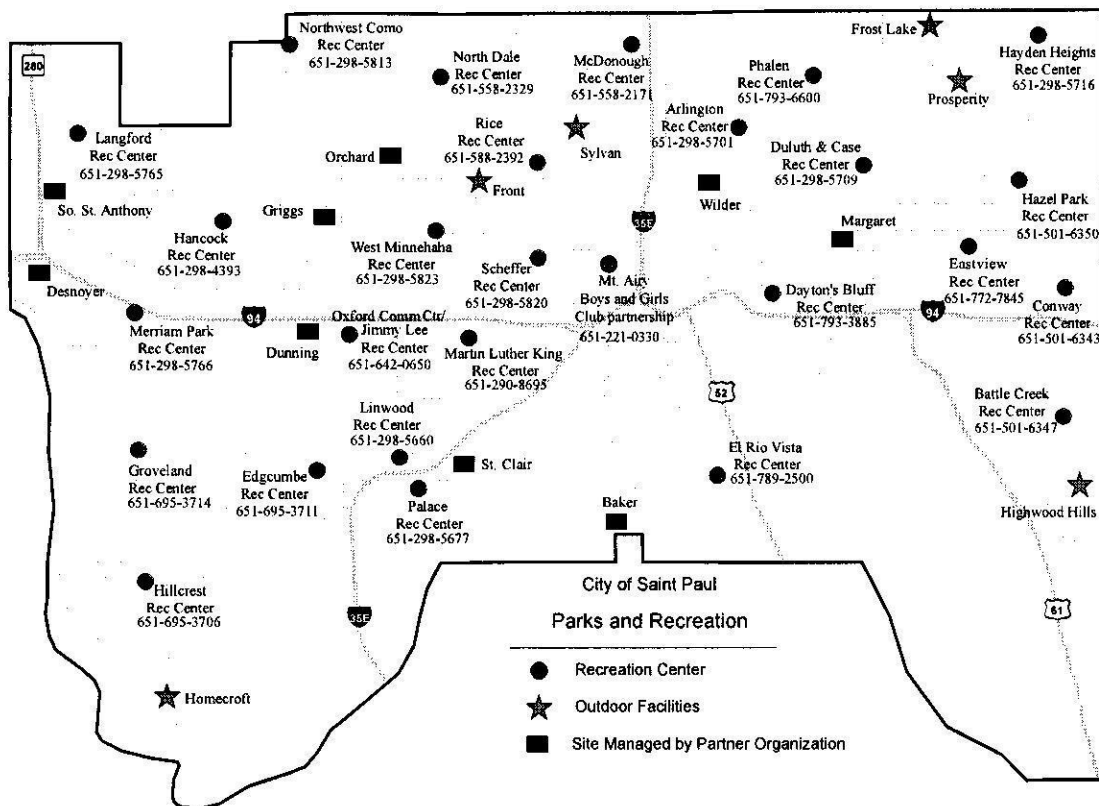
This list is by no means complete, but it's a start. Seek out the materials and web sites that seem useful. Disregard those that are not. If you find a great book, video or website, let us know. We will add it the next time we print this information.

<b>General Websites</b> <a href="http://www.aahperd.org">www.aahperd.org</a> <a href="http://www.weteachsports.com">www.weteachsports.com</a> <a href="http://www.youth-sports.com">www.youth-sports.com</a> <a href="http://www.nays.com">www.nays.com</a> (National Alliance for Youth Sports) <a href="http://www.ncys.org">www.ncys.org</a> (National Council on Youth Sports) <a href="http://www.asep.com">www.asep.com</a> (American Sport Education Program) <a href="http://www.guidetocoachingsports.com/drills.htm">www.guidetocoachingsports.com/drills.htm</a> <a href="http://www.y-coach.com">www.y-coach.com</a>	<b>Basketball</b> <a href="http://www.hoopskills.com">www.hoopskills.com</a> <a href="http://www.coachesclipboard.net">www.coachesclipboard.net</a> <a href="http://www.ebasketballcoach.com">www.ebasketballcoach.com</a> <a href="http://www.kid-basketball-drills.com">www.kid-basketball-drills.com</a> <a href="http://www.betterbasketball.com">www.betterbasketball.com</a> <a href="http://www.bestbasketballdrill.com">www.bestbasketballdrill.com</a> <a href="http://www.basketballcoach.com">www.basketballcoach.com</a> <a href="http://www.basketball.drills-and-plays.com">www.basketball.drills-and-plays.com</a> <a href="http://www.degerstrom.com/basketball/drills">www.degerstrom.com/basketball/drills</a>
<b>Baseball</b> <a href="http://www.baseballtips.com">www.baseballtips.com</a> <a href="http://www.weplay.com">www.weplay.com</a> <a href="http://www.baseball-tutorials.com">www.baseball-tutorials.com</a> <a href="http://youthbaseball_e_zine.homestead.com">youthbaseball_e_zine.homestead.com</a> <a href="http://www.youthbaseballbasics.com">www.youthbaseballbasics.com</a>	<b>Softball</b> <a href="http://www.softball-spot.com">www.softball-spot.com</a> <a href="http://www.game-ex.com/drills">www.game-ex.com/drills</a> <a href="http://www.weplay.com/youth-softball/drills/skills/hitting">www.weplay.com/youth-softball/drills/skills/hitting</a> <a href="http://www.softballexcellence.com">www.softballexcellence.com</a> <a href="http://www.monkeysee.com/play">www.monkeysee.com/play</a> <a href="http://ezinearticles.com">http://ezinearticles.com</a>
<b>Soccer</b> <a href="http://www.mnyouthsoccer.org">www.mnyouthsoccer.org</a> <a href="http://www.fundamentalsoccer.com">www.fundamentalsoccer.com</a> <a href="http://www.coachingyouthsoccer.com">www.coachingyouthsoccer.com</a> <a href="http://www.soccerdrillsforkids.com">www.soccerdrillsforkids.com</a> <a href="http://www.youtube.com">www.youtube.com</a> (soccer drills)	<b>Volleyball</b> <a href="http://www.volleyball.lifetips.com">www.volleyball.lifetips.com</a> <a href="http://www.monkeysee.com/play">www.monkeysee.com/play</a> <a href="http://www.volleyballadvisors.com">www.volleyballadvisors.com</a> <a href="http://www.strength-and-power-for-volleyball.com">www.strength-and-power-for-volleyball.com</a> Google: Volleyball drills & pick from many sites
<b>Football</b> <a href="http://www.oskie.com">www.oskie.com</a> <a href="http://www.usafootball.com">www.usafootball.com</a> <a href="http://www.y-coach.com/CD/Football_Drills.htm">www.y-coach.com/CD/Football_Drills.htm</a> <a href="http://www.teachpe.com">www.teachpe.com</a> <a href="http://www.footballtutorials.com">www.footballtutorials.com</a>	

**Important Numbers:**  
**Municipal Athletics Office**  
**651-558-2255**

**Weather Hotline:**  
**651-558-2118**

[www.stpaul.gov/parks](http://www.stpaul.gov/parks)



REC CENTER	ADDRESS	ZIP	PHONE #
Arlington	665 E. Rose Ave	55106	651-298-5701
Battle Creek	75 S. Winthrop	55119	651-501-6347
Conway	2090 Conway St	55119	651-501-6343
Dayton's Bluff	800 Conway St	55106	651-793-3885
Duluth & Case	1020 Duluth St	55106	651-298-5709
Eastview	608 N. Kennard St	55106	651-772-7845
Edgumbe	320 S. Griggs St	55105	651-695-3711
El Rio Vista	179 E. Robie St	55107	651-789-2500
Groveland	2021 St. Clair Ave	55105	651-695-3714
Hancock	1610 Hubbard Ave	55104	651-298-4393
Hayden Heights	1965 E. Hoyt Ave	55119	651-298-5716
Hazel Park	945 N. Hazel Ave	55119	651-501-6350
Hillcrest	1978 Ford Pkwy	55116	651-695-3706
Jimmy Lee	270 N. Lexington Pkwy	55104	651-642-0650

REC CENTER	ADDRESS	ZIP	PHONE #
Langford	30 Langford Park	55108	651-298-5765
Linwood	860 St. Clair Ave	55105	651-298-5660
Martin Luther King	271 Mackubin St	55102	651-290-8695
McDonough	1544 Timberlake Rd	55117	651-558-2171
Merriam Park	2000 St. Anthony	55104	651-298-5766
North Dale	1414 N. St. Albans	55117	651-558-2329
Northwest Como	1550 N. Hamline	55108	651-298-5813
Palace	781 Palace Ave	55102	651-298-5677
Phalen	1000 E. Wheelock	55106	651-793-6600
Rice	1021 Marion St	55117	651-558-2392
Scheffer	237 Thomas Ave	55103	651-298-5820
West Minnehaha	685 W. Minnehaha	55104	651-298-5823
Mt. Airy	91 E. Arch	55130	651-221-0330

### Recreation Sites Managed by Partner Organizations

SITE	ADDRESS	MANAGED BY	PHONE
Baker	209 W. Page • 55107	Jane Addams School of Democracy	651-209-3519
Desnoyer	525 Pelham Blvd. N • 55104	KidsPark	651-603-0144
Dunning	1221 Marshall Ave • 55104	ArtsUs!	651-528-6871
Griggs	1188 Hubbard Ave • 55104	Leonardo's Basement	651-298-5755
Margaret	1109 Margaret St. • 55106	Hmong Youth Education Services	651-644-2446
Orchard	875 Orchard • 55103	Blackhawk Soccer	651-489-8117
St. Clair	265 Oneida • 55102	West 7th Comm Center	651-298-5493
So. St. Anthony	890 Cromwell Ave • 55114	Joy of the People Soccer Club	651-298-5770
Wilder	958 Jessie St. • 55101	City Academy	651-298-4624

## **DIRECTIONS TO ST. PAUL RECREATION CENTERS AND MUNICIPAL ATHLETICS FIELDS**

**Arlington:** 298-5701 (665 E. Rose Ave.) Cross streets - Maryland and Greenbrier. The center is one block east of Payne Avenue on Maryland.

**Baker:** 292-7244 (209 W. Page St.) Cross streets - Baker and Bellows. From Dodd Road, go west on Page. From Smith go east on Page. From George Street, go south on Bellows.

**Battle Creek:** 501-6347 (75 S. Winthrop) Cross streets - Winthrop and Upper Afton Road. From Hwy 94 go south on Ruth Street to Upper Afton. At Upper Afton go east.

**Conway:** 501-6343 (2090 Conway) Cross streets - Ruth and Conway. From Hwy 94 take the Ruth Street exit. North on Ruth.

**Dayton's Bluff:** 793-3885 (800 Conway) Cross streets - Conway and Maple. From downtown St. Paul, take Kellogg (turns into 3<sup>rd</sup>) to Maria. Turn right (south) at Maria and left (east) at Conway.

**Duluth & Case:** 298-5709 (1020 Duluth St.) Cross streets - Duluth and Case. From Johnson Pkwy & Maryland, go west on Maryland 2 blocks to Duluth. Turn left (south) on Duluth.

**Dunning Recreation Center, Dunning Stadium & Dunning Softball Complex** 632-5124 (1221 Marshall Ave between Lexington and Hamline) From Hwy 94 take the Lexington exit. Go south on Lexington to Marshall. Go right (west) on Marshall. For Dunning Softball Fields: From 94W, take Hamline south to Concordia (1 block - it's the frontage road). Left (east) on Concordia to the parking lot entrance.

**Eastview:** 772-7845 (1675 E. Fifth St.) Cross streets - Fifth and Flandrau. From Hwy 94 take White Bear north to Fifth Street. Turn left (west) on Fifth.

**Edgumbe:** 695-3711 (320 S. Griggs) Cross streets - Jefferson and Griggs. From Lexington and St. Clair, go west on St. Clair to Griggs. Turn left (south) on Griggs.

**El Rio Vista:** 298-5659 (179 E. Robie) Cross streets - Robie and State. From downtown St. Paul, take Hwy 52 (Lafayette ) to the Concord exit. Turn right on Concord to State. Right on State.

**Front:** 298-5809 (485 Stinson St.) Cross streets - Front and Arundel. From Dale and Front, go east on Front to the center.

**Griggs:** 298-5755 (1188 Hubbard Ave.) Cross streets - Hubbard and Dunlap. From Hwy 94 take Lexington Pkwy north to Hubbard. Go west on Hubbard.

**Groveland:** 695-3714 (2021 St. Clair Ave.) Cross streets - St. Clair and Prior. From Cleveland Ave go east on St. Clair. From Snelling Ave. go west on St. Clair.

**Hancock:** 298-4393 (1610 Hubbard Ave.) Cross streets - Snelling and Hubbard. From Hwy 94 take Snelling north to Hubbard. Hancock is across Snelling from Hamline University.

**Hayden Heights:** 298-5716 (1965 E. Hoyt Ave.) Cross streets - Hoyt and Darlene. From Larpenteur and White Bear go south on White Bear to Hoyt. Turn left (east) on Hoyt.

**Hazel Park:** 501-6350 (945 N. Hazel) Cross streets - Hazel and Case. From Maryland and White Bear go south on White Bear to Case. Left (east) on Case.

**Hillcrest:** 695-3706 (1978 Ford Pkwy) Cross streets - Ford Pkwy and Kenneth. From Snelling and Montreal, take Snelling north to Ford Pkwy. Go west on Ford Pkwy.

**Homecroft:** 695-3716 (1845 Sheridan) Cross streets - Edgumbe Rd & Sheridan. From downtown St. Paul, take West 7<sup>th</sup> to St. Paul Avenue. Turn right on St. Paul Ave. to Edgumbe. Left on Edgumbe to Sheridan. Right on Sheridan. Recreation center doors are on the east side, facing the tot lot.

**Jimmy Lee:** 298-5760 (1063 Iglehart Ave.) Cross streets - Iglehart and Oxford. From downtown St. Paul, take 94W to Lexington. Left (south) one block on Lexington to the frontage road (Concordia). East on the frontage road one block.

**Langford:** 298-5765 (30 Langford Pk) Cross streets - Langford and Blake. From Snelling Ave go west on Como to Raymond. On Raymond go left (south) to Blake. Turn right on Blake Ave.

**Linwood:** 298-5660 (860 St. Clair) Cross streets - St. Clair and Victoria. From Lexington Pkwy go east on St. Clair. From Hwy 35E out of downtown St. Paul, take the St. Clair exit and go west.

**Margaret:** 298-5719 (1109 Margaret St.) Cross streets - Margaret and Earl. From Earl and Maryland, take Earl south to Margaret. From Earl and 3<sup>rd</sup> or Earl and 6<sup>th</sup>, take Earl north to Margaret.

**Martin Luther King:** 290-8695 (271 Mackubin) Cross streets - Mackubin and Marshall. From Hwy 94 go south on Dale to Marshall. Turn left (east) on Marshall. Turn left on Mackubin

**McDonough:** 558-2171 (1544 Timberlake Rd) From Hwy 35E take the Wheelock Pkwy exit and go west on Wheelock to Jackson Street. At Jackson, turn left (south) to Timberlake. Turn left (east) at Timberlake and follow it to the center.

**McMurray Fields:** From Hwy 94 take the Lexington exit. Go north on Lexington to Jessamine Ave and turn left (west).

**Merriam Park:** 298-5766 (2000 St. Anthony) Cross streets - St. Anthony and Wilder. From Marshall and Snelling, go west on Marshall to Wilder (Wilder is one block east of Cleveland). Turn right (north) on Wilder. Take Wilder to the center.

**North Dale:** 558-2329 (1414 St. Albans) Cross streets - St. Albans and Cottage. From Larpeur, take Dale south to St. Albans. From Maryland, take Dale north to St. Albans.

**Northwest Como:** 298-5813 (1550 N. Hamline) Cross streets - Hamline and Hoyt. From Larpeur, take Hamline south to Hoyt.

**Orchard:** 298-5816 (875 Orchard Ave) Cross streets - Orchard and Milton. From Hwy 94 go north on Lexington to Orchard (which is just north of Energy Park Drive). Turn right on Orchard.

**Palace:** 298-5677 (781 Palace Ave) Cross streets - Palace and View. From downtown St. Paul, take West 7<sup>th</sup> to Jefferson. Go west on Jefferson to View.

**Phalen:** 793-6600 (1000 E. Wheelock Pkwy) You can gain entrance to Wheelock Pkwy from Arcade St. heading east or from Maryland Ave heading west around the west shore of Lake Phalen.

**Prosperity:** 298-5722 (1371 Kennard St) Cross streets - E. Cottage and Kennard. From Maryland and White Bear, go north on White Bear to Cottage. Turn left (west) at Cottage.

**Rice:** 298-5819 (1021 Marion St) Cross streets - Marion and Lawson, just off Rice Street - south of Maryland, north of University.

**Rice & Arlington Fields:** Located on Rice Street between Wheelock Pkwy and Maryland, across from Washington Middle School.

**Riverside:** Located at the corner of West 7<sup>th</sup> Street, Montreal and Lexington Parkway. From 94, take Lexington south to Montreal. From downtown St. Paul, take West 7<sup>th</sup> to Montreal. These fields are near the Highland Golf Course.

**St. Clair:** 298-5730 (265 Oneida St) Cross streets - St. Clair and Oneida. From Hwy 35E out of downtown St. Paul, take the St. Clair exit and go east one block to Oneida.

**Scheffer:** 298-5820 (237 Thomas Ave) Cross streets - Thomas and Galtier. From Hwy 94 or University, go north on Marion to Thomas.

**So. St. Anthony:** 298-5770 (890 Cromwell) Cross streets - Territorial Rd and Cromwell. From University Ave go north on Raymond Ave and go west on Territorial Rd.

**Sylvan:** 298-5821 (77 W. Rose) Cross streets - Maryland and Sylvan. From Hwy 35E take Maryland west.

**West Minnehaha:** 298-5823 (685 W. Minnehaha Ave) Cross streets - Pierce Butler Route and Minnehaha. From Hwy 94 go north on Dale to Minnehaha. Turn left (west) on Minnehaha.

**Wilder:** 298-5727 (958 Jessie St) Cross streets - Edgerton and Case Ave. From Payne Ave go west on Case. From Maryland Ave go south on Edgerton.